

\$3.00 Suggested Donation

October 2021

Menu Items are subject to change due to being unavailable to obtain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All menu items may contain nuts, seeds, beans, wheat bran, eggs, and other allergens</i>	<i>Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging</i>	ALL SANDWICHES COME WITH JUICE CHIPS DESSERT MILK	Call 401-625-6790, at least 24 hours in advance, to order	1 Vegetable Chowder Crab Cake w/ Tartar Sauce Rice Pilaf Carrot Slaw Fruit Cup Pumpkin Bread Crab Cake w/Tartar on Pump
4 Onion Soup Beef Fried Steak w/ Gravy Mashed Potato Green Beans Lorna Doones Dinner Roll Beef Fried Steak on Roll w/ mayo	5 Beef Noodle Soup Veggie Burger Corn 3-Bean Salad Fresh Fruit Wheat Bread Veggie Burger on Wheat	6 Pasta and Bean Soup Italian Style Chicken Cutlet Seasoned Pasta Capri Blend Vegetables Pudding Italian Bread Italian Style Chicken Cutlet on Italian	7 Italian Wedding Soup Meatballs w/Marinara Sauce Roasted Peppers and Onions Oven Roasted Potato Sliced Peaches Dinner Roll Meatball Grinder on Roll	8 Split Pea Soup Baked Ham w/ Pineapple Sweet Potato Roasted Brussel Sprouts Fresh Fruit Rye Bread Ham and Cheese w/ mustard on Rye
11 CLOSED Columbus Day	12 Lentil Soup Roasted Chicken w/ Gravy Mashed Potato Mixed Vegetable Fig Bar Oatmeal Bread Chicken Loaf on Oatmeal w/ mayo	13 Chicken Soup w/ Anci Di Pepe Veal Parmesan w/ Sauce Basil Pesto Pasta Italian Blend Vegetable Fresh Fruit Dinner Roll Veal Parmesan on Bulky Roll	14 Beef Barley Soup Turkey Burger w/ Gravy Wild Rice Roasted Asparagus Brownie Multi Grain Bread Turkey Burger on Multi Grain Bread	15 Tomato and Rice Soup Roasted Beef w/ Gravy Garlic Mashed Potato Prince Edward Blend Vegetable Fruit Cup Marble Bread Roast Beef on Marble w/ Mayo
18 Beef Vegetable Soup Chicken Cacciatore Seasoned Tortellini Winter Blend Vegetable Pudding Wheat Dinner Roll Marinated Grilled Chicken Wheat Roll	19 Venus De Milo Soup 20 Pub Burger w/Mushroom Gravy Rice Pilaf Mixed Vegetable Fresh Fruit Snowflake roll Pub Burger on Roll w/ mustard	20 Red Chowder Garlic Shrimp Seasoned Shells Italian Blend Vegetables Sponge Cake Multi Grain Bread Seafood Salad on Multi Grain	21 Escarole and Bean Soup Roast Turkey w/ Gravy Stuffing Sliced Carrots Fruit Cup Marble Bread Turkey and Cheese w/Mayo Marble	22 Chicken Soup Pot Roast w/ Gravy Whipped Potato Broccoli Cuts Fresh Fruit Wheat Bread Pot Roast on Wheat w/ Mayo
25 Minestrone Soup Low Sodium Hot Dog Baked Beans Cole Slaw Fruited Yogurt Rye Bread Low Sodium Hot Dog on Roll w/ mustard	26 Tomato Vegetable Soup Roasted Grilled Chicken O'Brien Potato Seasoned Spinach Granola Bar 9 Grain Bread Grilled Chicken on 9 Grain w/ mayo	27 Egg Drop Soup Pork Loin w/ Gravy Scalloped Potato Mixed Vegetable Fresh Fruit Wheat Bread Sliced Pork on Wheat	28 Split Pea Soup Corned Beef Boiled Potato Carrot and Cabbage Blend Pudding Pumpkin Bread Corned Beef on Pumpkin Bread w/ Mustard	29 White Chowder Baked Fish w/ Bread Crumb Topping Red Bliss Mashed Potato Sliced Zucchini Cookie Oatmeal Bread Fish Sandwich on Oatmeal w/ tartar sauce